



make a *personal*
commitment to
your health

*You don't want a
chronic condition to*
control *your life.*



*You or a family member has a chronic condition.
And that can be a real challenge. Making it
hard to maintain a regular work schedule and
keep up with daily tasks. You can't leave a
chronic condition home when you go to work.
And sometimes it makes you miss what you
enjoy most. But you still have your commitments,
responsibilities and goals — your life.
And you don't want a condition to get in the way.*

Neither do we.

Better solutions for *your* health

Each **Well Aware** program allows you to design a personalized action plan under your doctor's guidance.

asthma



Take a breather from symptoms. Missed school and work are uncomfortable realities for asthma sufferers. Whether you or your child is coping with the illness, the effect is the same. The **Well Aware** program helps you prevent or lessen the severity of attacks in a variety of ways. For instance, teaching you to recognize and avoid asthma triggers, like smoke, dust mites and mold. And helping you understand the importance of using the right medication at the right time. You have toll-free phone access to our **Well Aware** team for guidance and support. And, depending on your condition or program, you may have a nurse reach out to you with additional assistance. We also provide reminders for health screenings, age-appropriate asthma workbooks, a parent's guide, an asthma newsletter, and much more.

Fortify yourself with foresight. The complications of diabetes – blindness, for instance – are just as sobering as the condition itself. By helping participants with diabetes monitor and manage their condition, we can help reduce their risk for related complications. Experienced, caring registered nurses and other clinicians on the **Well Aware** team provide support, help develop action plans and reinforce behavior changes. And you'll receive plenty of pointers in *Diabetes Outlook*, an informative newsletter, as well as educational mailings and health reminders. To keep important medical dates, a record of symptoms and self-care guidelines in one place, we also provide a personal workbook.



diabetes

heart disease



Listen to your heart.

We do a lot of listening with this program. **Well Aware** registered nurses and other clinicians are in touch by phone to support, encourage and follow up. Besides providing guidance, we encourage participants to record symptoms in a workbook that we provide. Health tips are also included. It's a way participants with heart disease can stay attuned to their day-to-day health and become better prepared to discuss health concerns with their physician. We also support your plan of self-care with educational flyers, health reminders and a newsletter.

A personal back-up system.

Low back problems tend to be as individual as the people who have them. Our program helps you work with your physician to develop a detailed action plan – not only to decrease low back pain, but also to manage your condition more effectively. You'll have solid backing, too, with one-on-one telephone contact with a **Well Aware** nurse. We also provide educational materials selected for your personal needs. As well as reminders of important screenings, tests and exams.



low back pain

chronic obstructive pulmonary disease



Prepare to meet the challenge.

Once you have chronic obstructive pulmonary disease (COPD), you'll never forget it – it affects every breath you take. But learning to manage COPD can put you more in control of your breathing. And your life. Through the **Well Aware** program, you can learn to manage your COPD better by taking medications to help control your symptoms, reducing your risk of colds and infections and learning which exercises can help you breathe easier. The program also offers you personalized phone support and periodic health reminders. We will even provide program information to your doctor.

Find out more.

To find out if you're eligible and to receive more information about the **Well Aware** program, call the **Well Aware** team:

- If you have a CIGNA HealthCare HMO/ Network or Point of Service (POS) benefit plan, call **1.800.249.6512**.
- If you have another benefit plan, call **1.877.888.3091**.

You can also visit

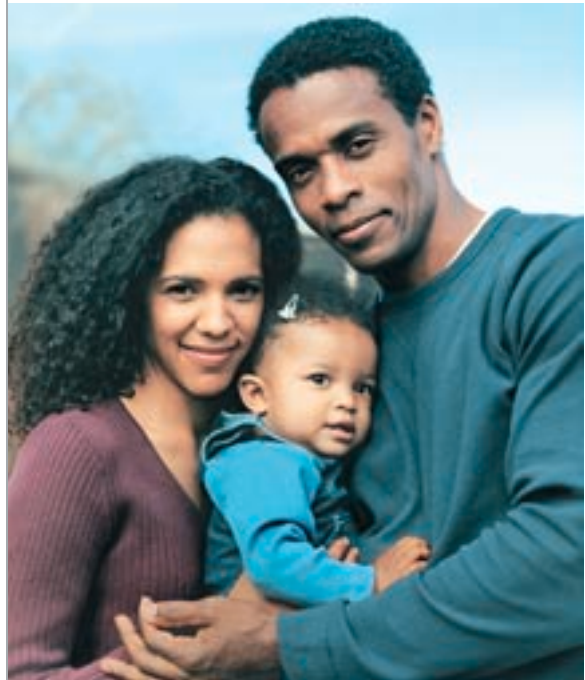
www.cigna.com/wellaware

for more information about **Well Aware** programs and services.

Questions about your benefit plan?

Call your health plan's Member Services.

Your request for information will be handled confidentially. And the decision to participate is yours and yours alone. If you do choose to participate in the **Well Aware** program, you'll have an experienced team making the commitment with you.



It begins with
awareness

Now you have a resource to help you manage symptoms, when made available through your employer. It's **CIGNA Well Aware for Better HealthSM**, available in five programs: asthma, diabetes, heart disease, low back pain and chronic obstructive pulmonary disease (COPD). Each program gives you personalized support and a wide selection of tools. All you need to add is your personal commitment.

Take control.

Through a **Well Aware** program, you can learn to anticipate your symptoms and manage them better. You can reduce the risk of complications by following a plan you've worked out under your doctor's guidance. And if you do become ill, you'll be better equipped to deal with it. With the right plan and the right tools. So you can spend less time being a patient. And more time leading your life.

Our commitment.

Modeled on current research and practices, our programs use nationally recognized resources to be up to date and clinically effective. And we've kept them simple enough to fit into busy lives.

To help keep each **Well Aware** program as effective as possible, we conduct periodic random satisfaction surveys. And because chronic conditions can lead to other health problems, we encourage screenings for related conditions to help prevent or treat them.



Personalized support

The **Well Aware** programs give you personalized support and a wide selection of tools. All you need to add is your personal commitment.



CIGNA

A Business of Caring.

"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.